

Battle of Midway Remembered at NSA Bahrain



Photo by MC1 (SW/AW) David R. Krigbaum

Capt. Colin Walsh, Naval Support Activity (NSA) Bahrain commanding officer, gives his remarks at the NSA Bahrain Battle of Midway memorial ceremony, June 5.

By MC1 (SW/AW) David R. Krigbaum

Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — A Battle of Midway commemoration ceremony was held on board Naval Support Activity (NSA) Bahrain, June 5. The ceremony included remarks from Capt. Colin Walsh, NSA Bahrain commanding officer, and the commitment of a wreath to the sea. It was attended by members of the U.S. Navy and British Royal Navy.

The Battle of Midway took place June 4-7, 1942 and is considered the turning point of World War II in the Pacific; it was Japan's first major defeat since beginning its offensive on December 7, 1941. Four of its aircraft carriers were destroyed and many of its veteran pilots were lost, neither of which were losses Japan could replace. The U.S. Navy lost aircraft carrier USS Yorktown (CV-5) and 300 Sailors. During his remarks Capt. Walsh also pointed out the role information warfare played in the battle.

"The Battle of Midway was a pivotal point for information warfare. For cryptologic Sailors, Midway is seen as a moment in history where the Navy proved itself to be both adaptive and cutting edge in how it uses Sailors' technical skills and then applies them to the challenges facing our nation and the Navy," said Walsh.

Part of the Navy's success in the battle was due to cryptologists breaking Japanese codes. They also managed to trick the Imperial Japanese Navy into communicating the next island targeted for invasion. Knowing where the enemy would strike next, the U.S. Navy was able to better prepare Midway Island's defenses and deploy its own forces.

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Career Waypoints Replaces Perform to Serve

By MC1 Dave Hites

USS Harry S. Truman (CVN 75) Public Affairs

ATLANTIC OCEAN (NNS) — The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) initiated the Career Waypoints Program, replacing the Perform to Serve (PTS) process and other associated programs, June 3.

The new system differs from the previous PTS as Sailors are guided toward a more decisive action instead of having to make a last minute decision to reenlist, convert rates or join the selected Reserve.

"This program only starts to affect Sailors with [end of active obligated service] of July 2014 and later," said Chief Navy Career Counselor J.D. Jenkins.

Sailors whose EAOS falls before then will be under the old PTS system.

There are three phases to the program beginning 13 months from the expiration of a Sailor's soft EAOS. The first phase, consisting of four reviews, allows Sailors to reenlist in-rate, convert rates or transition to

selected Reserves. The second phase, also four reviews, gives Sailors a choice to convert or transition. The third and final phase, only three reviews, will only give Sailors the opportunity to transition.

Under the old PTS system, a Sailor could elect to keep trying for approval in-rate up through their final review. If they were not approved, the other options to convert or transition were no longer available and they would be forced to separate.

"After those first four months, you already know you're going to have to make a decision as far as what other kind of job you're going to want or whether or not you're going to stay active duty or selective Reserve," said Jenkins. "It's cut and dried, black and white. It's a stricter system than it was before."

According to Navy officials, 100 percent of eligible, command-approved Sailors who are in undermanned or balanced skill-sets will receive approval to reenlist on their first application, and within 30 days.

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Photo by MC3 Lorenzo J. Bureson

Aviation Boatswain's Mate (Handling) Reginald Barnes, right, trains Sailors during a mass casualty drill on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75).

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Family Life at NSA Bahrain

Congratulations to the Class of 2013!



Photos by MC1 (SW/AW) David R. Krigbaum



5th Fleet Commander Addresses Bahrain High School Graduates

By MC1 (SW) Stephen Murphy
U.S. Naval Forces Central Command

MANAMA, Bahrain — Vice Adm. John Miller, commander, U.S. Naval Forces Central Command (NAVCENT), U.S. 5th Fleet and Combined Forces Maritime Component Commander, delivered a commencement speech to the Bahrain Middle/High School Class of 2013 during a ceremony at the Gulf Convention Center in Manama, Bahrain, June 9.

This year's graduating class included 83 students from 28 nations.

"I had to join the Navy to get that type of exposure to the world," said Miller. "In this special class are friends that you will have for a lifetime, and it is no surprise that today's graduates of the Class of 2013 will attend world wide colleges in the United States, Canada, Malaysia, the United Kingdom, Switzerland, Lebanon and the United Arab Emirates, to name a few."

The school consists of 431 students representing 36 countries including the United States, Bahrain, Canada and Malaysia.

"The diversity is a tremendous strength," said Doug McEnery, Bahrain Middle/High School principal. "The exposure to the different cultures, political systems and religions provides a fertile environment for growing, broad-minded citizens."

Three of the graduates are pursuing

careers as officers in the U.S. military, including one headed to the U.S. Air Force and two to the U.S. Naval Academy.

Miller told the students their graduation does not signify the beginning of their life stories. Instead, he said it is a chance to commence their next adventure.

"Well, the choice is now yours," he said. "Will you be a future leader of one of the many different nations here today? Will you develop a talent in music or art? Will you design and market a revolutionary idea or technology? You choose that adventure today."

In 2011 Bahrain School was divided into two separate schools: Bahrain Middle/High School and Bahrain Elementary School. The school is a U.S. Department of Defense Dependents School and offers an American curriculum for kindergarten through twelfth grade. In addition, the high school has been an International Baccalaureate (I.B.) World School since 1982 and offers the I.B. Diploma Program for juniors and seniors. Ninety-seven percent of the seniors each year are college-bound, and college preparatory subjects are well represented in the total course offerings.

NAVCENT is responsible for approximately 2.5 million square miles of area including the Arabian Gulf, Red Sea, Gulf of Oman, parts of the Indian Ocean and 20 countries.



439-4520
www.cnmc.navy.mil/bahrain

Commanding Officer
Naval Support Activity Bahrain
Capt. Colin S. Walsh

NSA Bahrain Executive Officer
Cmdr. Justin Rubino

Public Affairs Officer
Jennifer L. Stride

Editor
David Sidney

Staff Photojournalists
MC1 (SW/AW) David R. Krigbaum
MC2 (SW/AW/IDW) Ashante Hammons
Weam M. Ahmed

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Chaplain's Corner

Considering Alternatives



By Chaplain Keener
NSA Bahrain Command Chaplain

There are times in life when we think everything is going well and then God throws us a curve ball. I am a strong believer in fate. As the old saying goes, 'when a door closes, another one will open up'. There are reasons why things happen to us in life even if we do not know why. How often do we think, "why me?" Why do I have to go through turmoils in life? Why is this happening to me? I am a good person, I treat others with respect and yet nothing goes my way. We can go on and on but you get the idea. Some of the best times in a relationship are when we do not have much to our names. We work hard for everything we have and when we save and buy things, go on trips, we appreciate it more. Often times all we have is each other.

What happens in life when we become more successful is we tend to take a lot for granted. But when times begin to get tough, if we lose what we are comfortable with, we tend to get discouraged. So when a door does close on our happiness or on our good fortune, we need to have the courage to look for the other open door and sometimes this means to consider alternatives. Take for instance a man who is about to lose his job due to large lay-offs in his company. He has two cars, a large mortgage, kids in school and one in college. The job market is tough but his company does help him in outplacement, but in an area of the country which is not as appealing and which is some distance from his mother and father on whom he is quite dependent. So he turns down the outplacement and is faced with probable personal bankruptcy. He is greatly discouraged, but is so in large measure because he refused to seriously consider real alternatives.

We see this as a society over and over again. We come to a dead end in marriage or a job or self-understanding and then refuse to consider alternatives. We often refuse to consider alternatives because we want the future to be just like the past. When we are afraid of adjustment or change we will never find the other door that we are suppose to walk through. It is up to us to have the 'faith' to move mountains and we should refuse to be defeated by circumstances. Instead, we should consider alternative ways of thinking and acting. We are given the gift of life and it is up to us to make the best of it.

Sleep Hygiene & Relaxation

By LT Chris Johnson and HM3 Dominick Smead

Receiving an adequate amount of sleep each night is imperative to a healthy and productive lifestyle. Not receiving enough sleep may cause a variety of detrimental effects to your health, which only emphasizes the importance of ensuring every Sailor receives the appropriate quantity and quality of sleep. Many Sailors aren't even aware of their poor sleeping habits, so please read the questions below to learn more.

- * Do you regularly have difficulty getting to sleep or staying asleep?
- * Do people tell you that you snore? Has anyone ever told you that you have pauses in breathing or that you gasp for breath when you sleep?
- * Are your legs "active" at night? Do you experience tingling, creeping, itching, pulling, aching or other strange feelings in your legs while sitting or lying down that cause a strong urge to move, walk or kick your legs for relief?
- * Are you so tired when you wake up in the morning that you cannot function normally during the day?
- * Does sleepiness and fatigue persist for more than two to three weeks?

If you answered yes to any of these questions, then a complete sleep evaluation should be considered and discussed with your physician. Sleep Hygiene Education is designed to guide you through non-drug approaches to control the stimulating factors that hinder sleep and to identify positive behaviors that aid sleep. Some helpful tips that contribute to a better night's sleep include:

- Maintain a regular sleep/wake pattern seven days a week.
- Avoid napping during the day
- Avoid caffeine, nicotine and alcohol too close to bedtime.
- Exercise in the morning or late afternoon can promote good sleep.
- Stay away from large meals close to bedtime
- Ensure adequate exposure to natural light. Light exposure helps to maintain a healthy sleep/wake cycle.

LEGAL CORNER

LN1 Shenika Mayes

NEW LEGAL ASSISTANCE HOURS OF OPERATION

The new hours of operation are as follows:

Sun: 0900-1200

Mon-Wed: 0900-1200; 1300-1600

Thurs: 0900-1200

*Powers of attorney and notary services are performed on a walk-in basis. Be advised that all powers of attorney and notary services require TWO forms of identification. Acceptable forms of identification include: military ID card, passport, retiree ID card, dependent ID card, state driver's license, or state ID Card.

*Notary services regarding closing or refinancing documents will require an appointment.

*If you are in need of advice on a FAP case, non-judicial punishment (NJP), administrative separation, court-martial, administrative investigation, or wish to file a grievance against your command, please see the Defense Service Office (DSO), located in trailer 284.

If you have any questions, please contact our front desk at 439-4237.

From the Desk of the Command Master Chief

History, Heritage and our "Sailors Creed"



By Command Master Chief Beverly Leedom
NSA Bahrain Command Master Chief

This past week has given us the opportunity to look back at some key events of our Naval History. We remembered and honored our fallen from all of our wars on Memorial Day. We celebrated the victorious naval battle of Midway (June 4-7, 1942) and the largest amphibious military assault in the history of the world, Operation Overlord (June 6, 1944) which is also known as D-Day.

Our Navy's history is the account of the greatest Navy the world has ever known. From our history we have developed our heritage. Our history is the compilation of factual events; our heritage is celebrated through the traditions that have been developed and passed down from the preceding generations of Sailors. I would now like to focus on a piece of more recent history.

The history of our "Sailors Creed," it is significant, however, not as imperative as the tradition of reciting it, this is a great example of how our heritage is passed on. Twenty years ago our "Sailors Creed" was drafted by a Blue Ribbon Recruit Training Panel which was convened by Admiral Frank Kelso, Chief of Naval Operations. He was personally

involved in the final revisions of the working panel's document; he then ordered every recruit to be given a copy of the "Sailors Creed" and required them to commit it to memory.

A year later, in 1994, the Chief of Naval Operations Admiral Jeremy Boorda provided a minor change which made the creed inclusively descriptive of all the Navy's personnel. It was a minor change which replaced the word "blue-jacket" with "Navy," which is descriptive of Seaman Recruit through the highest officer rank of Admiral. Another change to the creed occurred in 1997 when the words "my superiors" was replaced with "those appointed over me." In our Navy today, the Sailors Creed is required to be memorized by all personnel in boot camp and has been incorporated in all officer training courses.

The words of the "Sailors Creed" are important for all of us in our Navy. It reaffirms we are Sailors first and then officers, chiefs, petty officers - surface warriors, aviators, Seabees, and submariners. This central point enhances our unity and strengthens our esprit de corps.

Sailors Creed

I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and the fair treatment of all.

“End of the Long and Winding Road”

By MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Eighty-five students from 21 schools received their degrees in a graduation ceremony, May 30.

Special guests included Rear Adm. Kevin Scott, U.S. Naval Forces Central Command deputy commander and University of Maryland University College Senior Vice President of Overseas Operations Dr. Allan Berg.

“Today is a big deal, you should feel it,” Rear Adm. Scott told the graduates in his keynote speech. “You’ve earned it. You’ve earned the smiles, the flowers, the congratulations, the cake, the hugs because of all the hard things you’ve done.”

During his speech he also shared his own graduation experience and theme song, “Ain’t No Stoppin’ Us Now.”

“I expect everyone graduating here, like me, has travelled their own long and winding journey towards this day,” said University of Maryland University College (UMUC) honor graduate Mary McMeans. She received her Bachelors of Science Degree in Business Management. “We come together from many places and diverse backgrounds to celebrate one things- getting our degree.”

McMeans then thanked the families, teachers and faculty who helped her and the other graduates achieve their goal of getting a degree. She also thanked her school for the opportunity to study all over Europe and to learn from experience rather than just text on a page.

Navy College creates opportunities for students to earn degrees by working with accredited institutions to award academic credit for military training, work experience and off-duty education. Their mission is to provide educational support to students regardless of duty station location.



Photo by MC2 Mike Wright

Rear Adm. Kevin D. Scott, U.S. Naval Forces Central Command deputy commander, speaks at the college commencement ceremony.

Spouses Serve Too!

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Fleet and Family Support Center (FFSC) held a Military Spouse 101 seminar to welcome new spouses to the Naval Support Activity (NSA) Bahrain community, May 29.

According to FFSC Intercultural Relations Specialist Sara Albob, the seminar helps new spouses gain information about the military lifestyle and the environment surrounding NSA Bahrain.

“Military Spouse 101 is a very useful orientation,” said Albob. “It provides information about courses available to reduce stress associated with relocation specifically for spouses, and to network

spouses for mutual support and enhanced quality of life.”

Representatives of Morale, Welfare and Recreation (MWR), Naval Criminal Investigative Service (NCIS) and Tricare gave briefs about services and activities provided by the different departments.

“We also had Child & Youth Programs (CYP) manager who talked about things their kids can do while they are here in Bahrain,” said Albob.

According to Albob, the seminar also discussed the customs and traditions of Bahrain and how to interact with the local community in a better way in order to ease the culture shock involved in relocating.

For more information on FFSC upcoming events please call 439-4046.



Photo by Weam M. Ahmed

Fleet and Family Support Center Intercultural Relations Specialist Sara Albob interacts with spouses during the Military Spouse 101 seminar at Naval Support Activity Bahrain.



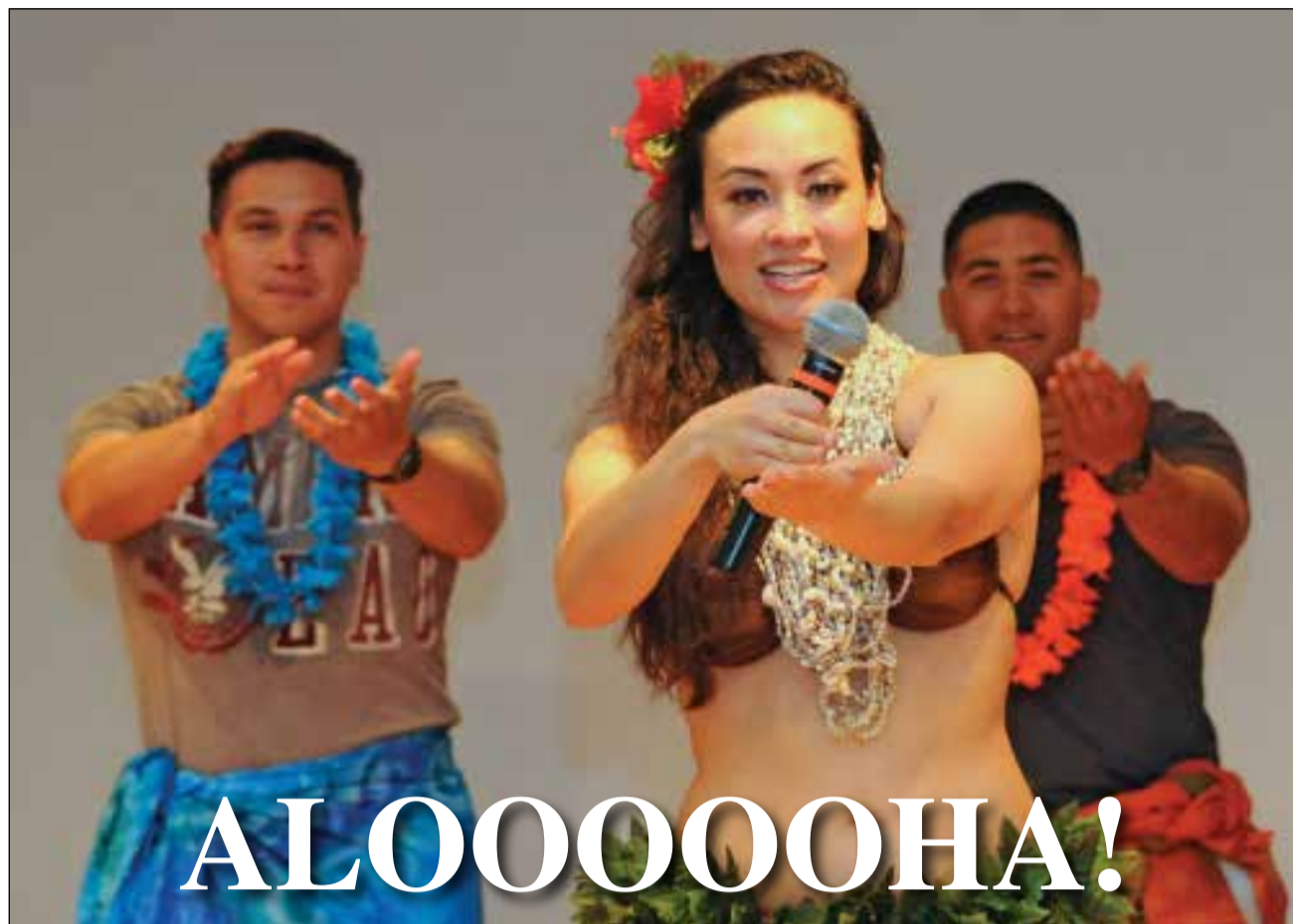
Photo by MC1 (SW/AW) David R. Krigbaum

Capt. Colin Walsh, Naval Support Activity Bahrain commanding officer, walks the Midway memorial wreath to the pier where it will be committed to the sea. The wreath was part of a Midway memorial ceremony, June 5.

BATTLE OF MIDWAY from Page 1

“As we commemorate Midway, we consider it’s legacy and its continuing ability to inspire us, and we wonder if, maybe one day, we ourselves will serve at a moment or place like Midway,” said Walsh during his remarks. “We should all wonder if we will ever serve in such an honorable way, that it leaves a mark that sears itself into the culture of generations of Sailors, and their families, to come.”

The ceremony concluded after Capt. Walsh, Vice Adm. John Miller, U.S. Naval Forces Central Command commander and Rear Adm. Kevin Scott, U.S. Naval Forces Central Command deputy commander committed a memorial wreath to the sea.



Technical Sgt. Crystal Lee taught audience members how to hula at the Asian-Pacific American Heritage Month celebration. Asian-Pacific American Heritage Month celebrates the achievements of Pacific Islander and Asian Americans in the United States.



The Almeria family performed traditional Polynesian dances.



Chief Master-at-Arms Manuel Salonga performed Filipino songs.

The NSA Community Celebrates Asian-Pacific American Heritage Month

Story and photos by MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — It wasn't a luau but possibly the next best thing in Bahrain as the Naval Support Activity Bahrain Multicultural Committee put on an Asian-Pacific American Heritage Month celebration, May 31.

Service members from around the Pacific represented the island cultures of Hawaii, the Philippines, Samoa and Tahiti with presentations, music and dance from those places. The event began with Asian national anthems and was followed by Chief Hospital Corpsman Raquel Guimary's presentation on Philippine culture. Air Traffic Controller 1st Class Praise Sii and Personnel Specialist 1st Class Tenekiya Powell gave an 'island tour' of the south Pacific that concluded with a Tahitian dance for audience members to try.

"It was definitely an honor to have been invited to participate in NSA's Asian-Pacific American Heritage Month program," said Sii. She was happy for the opportunity to share the culture of three Pacific islands, Hawaii, Samoa and Tahiti. "It is always a great pleasure to be able to share some of my cultural background with others who are not familiar. Even if people are familiar with the culture, it is always nice to be reminded of that culture and embrace it."

Music and dance played a large part of the rest of the ceremony as Chief Master-at-Arms Manuel Salonga and Culinary Specialist 1st Class Mark Marquez played Filipino songs and then several groups and individuals, a dance troop of service members, the Almeria family and Technical Sgt. Crystal Lee performed Polynesian dances. At the end of the show Lee brought up several audience members and taught them how to dance to the "Hukilau."

"I love seeing the looks on people's faces and interacting with the audience," said Lee. After her lesson she put her "students" into two groups and they competed to see which had learned better. "Dance is a great way to express yourself."

Representing the Asian continent the Bollywood dance group also performed Indian-style dances and Tae Kwon Do students demonstrated the Korean martial art. Off stage there was a presentation on the U.S. Army's Philippine Scouts and their role in World War II. During a break in the festivities Asian food was served.

Multicultural Committee member Wardell Gillespie believes that it's important to hold events like this that showcase the cultures that make up America, "It gives us a chance to get ground truths. To talk to people face to face, to listen and learn about their cultures, the truth about their cultures, not what we imagine and what they have to provide and what they've provided in the past."

May is Asian-Pacific American Heritage Month which celebrates Asian and Pacific Island Americans. May was chosen because the transcontinental railroad, which was completed with many Chinese laborers, was completed May 10, 1869 and May 7, 1843 was the date the first Japanese immigrants arrived in the United States. This year's Asian-Pacific American Heritage Month theme was "Building Leadership: Embracing Cultural Values and Inclusion."

The NSA Bahrain Multicultural Committee is responsible for conducting monthly observances open to all hands to recognize and celebrate different groups and cultures throughout the year. For information on the committee or to join contact Logistics Specialist 1st Class Katrina Kyner at 439-3199.



American Tae Kwan Do Association students demonstrate their martial art.

CAREER from Page 1

All command-approved first class petty officers will also be approved on their first review.

The new program will be accompanied by information technology (IT) changes giving Sailors and commands immediate confirmation upon submittal.

"Sailors can actually log on and check their own applications in Career Waypoints," said Jenkins.

Once the IT software is available at the end of 2013, Sailors can verify their requests and check their status.

"I've always been a proponent of empowerment for the Sailor," said Jenkins. "There's no question or confusion."

Another benefit is alignment with orders negotiation giving Sailors more opportunity to choose orders they want.

"The way they did the timeline, it coin-

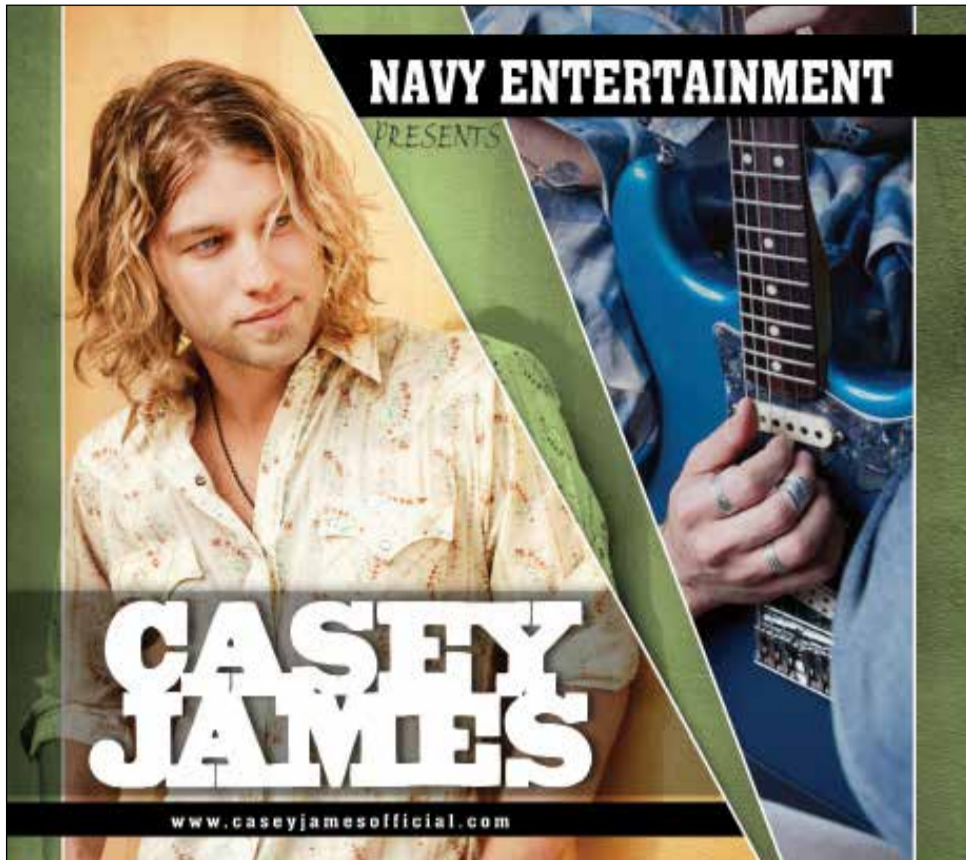
cides with (Career Management System Interactive Detailing) CMS-ID, so now you can negotiate for orders instead of being deep in your negotiating window," said Jenkins. "You'll be approved prior to your window."

Before any Sailor enters their window, they need to inform either their divisional, departmental or command career counselor of their career intentions so they can accurately predict the number of billets that can be filled with the number of Sailors who want in-rate approval.

"We've got a lot of folks who are on the fence," said Jenkins. "But the sooner they make that decision, the better and easier it is for them, the better it is for their application to go in."

For more information on Career Waypoints and how these changes will affect you, see your career counselor.

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Mario.Farulla@me.navy.mil or call 439-4927



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***** MOVIE HOTLINE: 439-6916 *****



- Time: 1000 – 1400
- Min 5 people; ITT Price: \$16.00

Tree Of Life

Thursday, June 20

- Time: 1000 – 1300
- Min 5 people; Price: \$5.00

Swim With The Dolphins

Friday, June 21

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

Pearl "Snorkel" Hunt

Saturday, June 22

- Time: 0630
- Min 8 people – Max 12 people;
- ITT Price: \$52.00

Al Jasrah Handicraft & Bahrain Fort Tour

Saturday, June 29

- Time: 0900 – 1300
- Min 10 people; Price: \$11.00

ITT

Horse Back Riding

Friday, June 14 & 28

- Time: 0800 – 1200
- Min 8 people; ITT Price: \$26.00

Al Areen Wildlife Park

Saturday, June 15

- Time: 0900
- Min 10 people; ITT Price: \$11.00

Guided Tour Of Mosque & Arabic Lunch

Sunday, June 16

For more information, call x-3531
All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.

Summer H.I.T.S.

HEALTHY IN THE SUN!

Thur, 27 June
1030 -1330
Gymnasium,
2nd Flr. Freedom Souq

Come to the health fair for your chance to
WIN a SCHWINN BICYCLE, UNDER ARMOUR GEAR,
ALTUS FITNESS GEAR and more!

MWR, NEX and Health Promotions will have all the information you need to learn about how to stay healthy during the Bahrain summer. There will also be FREE Group-X classes, MWR Food and Beverage samples and prize giveaways from NEX.



Saturday, June 15

SNAG

- Time: 1200

Sunday, June 16

Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Monday, June 17

Speed Pool

- Time: 1130; Free Pizza for players

Tuesday, June 18

Happy Birthday June Babies

For more information, call the Liberty Center at 439-3192

Thursday, June 20

Video Game Tournament

- Time: 1600

Saturday, June 22

Dart Tournament

- Time: 1600

Sunday, June 23

Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Monday, June 24

Speed Pool

- Time: 1130; Free Pizza for players



@NSA Bahrain